



DECEMBER 2014

Hi Everyone,

Well, here we are, the last month of 2014. Where does the time go? This is a great time of year to reflect on our lives and be grateful for all the friends and experiences we have had in our lives. Also, a great time of year to volunteer and help those who are not as fortunate as ourselves. Pretty soon it's time to make those New Years' Resolutions, for those who do that type of thing. I have made them before but don't ever seem to stick to them and I can't always wait until the New Year to make them!

To get in the spirit of the holiday come join us for some Christmas caroling before dinner is served at the Saltmarsh on Monday, December 15 at 5PM. Terry will be serving up Surf & Turf for a suggested donation of \$4.00. Sign up early as space is limited.

If you are planning on attending an activity at the Saltmarsh, please sign up at the front desk or call 508-228-4490. Unfortunately, we cancelled a talk last month because the two people who did sign up cancelled. Please remember to sign-up so we know how many to expect. Thank you.

Laura, Program Coordinator



MONTH AT A GLANCE

COUNCIL ON AGING BOARD MEETING

Wednesday, December 3, 2014 at 1:30PM
All meetings are open to the public.

AUTHOR TALK WITH AMY JENNESS

Thursday, December 11, 2014 at 1:30PM

FRED COOK MEMORIAL MEN'S BREAKFAST

Friday, December 12, 2014 at 8AM

CHRISTMAS COOKIE SWAP

Friday, December 12, 2014 at 1:30PM

SALT MARSH DINNER

Monday, December 15, 2014 at 5:00PM

NCEA (Nantucket Center for Elder Affairs) BOARD MEETING

Wednesday, December 17, 2014 at 3:30PM
All meetings are open to the public.

THREE 15 MINUTE TOPICS

Thursday, December 18, 2014 at 1:30PM

CHRISTMAS DAY-CENTER CLOSED

Thursday, December 25, 2014

NEW YEARS DAY-CENTER CLOSED

Thursday, January 1, 2015

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ACTIVITIES

CHRISTMAS CAROLS

Thursday, December 4th, 11th & 18th 2014 at 11:15AM

It's time to get in the Christmas spirit!!

Come sing or listen to Christmas Carols sung by Susan Dupree and Lindsey Scouras.

NANTUCKET ATHENEUM AUTHOR TALK: *ON THIS DAY IN NANTUCKET*

BY AMY JENNESS

Thursday, December 11, 2014 at 1:30PM

Nantucket is much more than beautiful beaches and sailboats. One day at a time, author Amy Jenness offers up quirky and fascinating stories of the people and events that shaped this remote island. On August 11, 1841, Frederick Douglass made his first antislavery speech at the Nantucket Atheneum. The Great Fire of July 13, 1846, devastated the island, forcing residents to rebuild what they lost. On December 5, 1981, a nor'easter stranded nearly two thousand visitors and forced seventeen pilot whales to come ashore. Read a story a day or month at a time. Celebrate an entire year of Nantucket history. Amy Jenness works at the Nantucket Atheneum, the island's public library, where she is in charge of adult programs and facilitates a writing group. She has also been employed at the Nantucket Historical Association and the *Nantucket Inquirer & Mirror* as features editor. Amy's journalism has appeared in many island publications, and she was the associate editor of *N Magazine* and managing editor of *Vermont Business Magazine*. She belongs to the Moors Poetry Collective, based on Nantucket, and her poetry has appeared in three of the group's anthologies.

Amy will bring books for signing and purchase...A great Christmas present!

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

FRED COOK MEMORIAL MEN'S BREAKFAST

Friday, December 12, 2014 at 8AM

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

CHRISTMAS COOKIE SWAP

Friday, December 12, 2014 at 1:30

Come to the Saltmarsh and get into the Christmas spirit with a cookie exchange party! You are asked to bring two dozen homemade cookies and an ornament which is wrapped with your name on the tag. You will leave with two dozen assorted cookies.

Call the Saltmarsh at 508-228-4490 or signup at the front desk.

SALTMARSH DINNER

Monday, December 15, 2014 at 5:00PM

Join us for Christmas caroling!

Chef Terry Noyes from Sushi by Yoshi will prepare Surf & Turf accompanied by dessert and beverage.

\$4.00 donation

We are looking for volunteers to set up, serve, clean up and do dishes.

Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

ACTIVITIES

THREE 15 MINUTE TOPICS

Thursday, December 18, 2014 at 1:30

Deborah Newhouse Dunham is an Aging-in-Place Specialist and Geriatric Case Manager from Northern Virginia who is on the Board of Directors of The Eden Alternative which is an international non-profit that promotes person centered care in assisted living and nursing homes throughout the world through education and training. She has lectured for many years promoting senior independence through information, education and case management. Deborah's family has been coming to the island since its founding and is delighted to be coming to the Saltmarsh to speak.

Deborah will speak for 15 minutes about three topics:

- Medications: "They Cost What?" "Why?"
 - End of Life Issues" Let's Start Talking to the Persons who Know!
 - Ads on TV: "Not another 'Buy one and get one'-What is up with that anyway?"
- Call the Saltmarsh at 508-228-4490 or sign up at the front desk.

FUN AND GAMES

CONTRACT BRIDGE-MONDAYS & FRIDAYS 1:00PM

You are responsible for personally signing up in the book, which is available at the front desk and you are responsible for finding a replacement if you can't play. The staff will not be taking sign-ups over the phone or finding replacements.

SOCIAL DUPLICATE BRIDGE-MONDAYS & FRIDAYS at 1:30PM

All levels welcome, but you need to have some rudimentary knowledge of the game. You are responsible for personally signing up in the book, which is available at the front desk. Extra players will observe.

KNITTING, ETC.-MONDAYS 1:30PM

Join veteran knitters working on individual projects or come to gain assistance. Bring needles, yarn & pattern. Call the center in advance at 508-228-4490.

CRAFTING-TUESDAYS 9:30-10:30AM

Join fellow crafters while you work on individual projects, sharing techniques and tips. Quilting, cross-stitch, embroidery, etc. Call the center in advance at 508-228-4490.

Wii BOWLING-TUESDAYS 10:15-11:15AM

Social, active entertainment that gets you up and moving!

ACBL SANCTIONED BRIDGE-TUESDAYS, DECEMBER 2ND & 30TH at 1:45PM

Earn master points. Come with your partner and \$5 payable to Carol Barrett, who is a certified instructor. The parking lot opens at 1:30. The game will begin when tables are seated.

DUPLICATE BRIDGE-TUESDAY, December 9th, 16th & 23rd at 1:45PM

Carol Barrett instructs. Come with your partner. The parking lot opens at 1:30. The game will begin when tables are seated.

SALTMARSH STAR STUFFERS-TUESDAY, DECEMBER 23RD, 2014 from 9:00-11:30AM

All volunteers are welcome in assisting with the Saltmarsh Gazette. Refreshments & snacks offered.

MAH JONGG-WEDNESDAYS 1:20PM.

Join several experienced and new players for this popular Chinese tile game.

BINGO-WEDNESDAYS 1:20PM.

Games are played for cash prizes. \$1 entrance fee and \$.50/card.

SING-A-LONG-THURSDAYS 11:15-11:45AM

PAY ME & GREEDY DICE CARD GAMES-THURSDAYS 1:30-3:30.

Learn to play and have an afternoon of fun. Cards may be played at The Landmark House if a lecture is scheduled. Please check the activities calendar.

FUN AND GAMES

COMPUTER CLASS-FRIDAYS 10:30-12:00

Join volunteer Tom McGlenn as he leads a discussion about ways to make use of the World Wide Web, from E-mail and search engines, to podcasts, internet phone service, and I pad use.

CRIBBAGE-FRIDAYS 1:20PM

Join us for good company and an afternoon of cribbage. Call 508-228-4490 to sign up.

THE FRED COOK MEMORIAL MEN'S BREAKFAST-FRIDAY, DECEMBER 12, 2014 AT 8:00AM.

VISUAL WORKSHOPS-EXPLORING YOUR ARTISTIC & CREATIVE PALETTE with LINDA ZOLA-TUESDAYS 1:30PM at the Landmark House.

Have you been thinking of trying something new or revisiting your creative artistic roots?

Linda volunteers her time at the LANDMARK HOUSE for artistic and creative palette classes. She talks about a variety of arts and crafts with a small group of enthusiastic individuals exploring the visual arts. Linda Zola is a well-known local educator and artist who can provide instruction for drawing, acrylic painting, watercolor, pastel, woodcut and lino printmaking, collage, decoupage, paper-mache, and various mixed media.

FITNESS PROGRAMS

LOW IMPACT AEROBICS W/NANCY SWAIN- M-W-F 8:45-9:45

Designed for those who wish to work at a mild pace, improve flexibility but don't want to go beyond their usual exertion level. Designed for those who can't get up and down from the floor. Participants must be able to be independent.

FACED PACED AEROBICS W/JOANNE DAMOURS-M-W-F 10:05-11:05

Fast paced low impact program, designed for those who want to push beyond their usual level & increase exertion & resistance.

STABILITY & STRENGTH TRAINING W/NANCY SWAIN-TUESDAYS 8:00-9:00

The principles of strength training are used with a stability ball. Please bring your own ball. The purpose of the ball is to improve balance, stability and agility, and to strengthen the core muscles.

YOGA W/BARBARA RIVES-TUESDAYS 9:00-10:00

Join Barbara as she assists beginners and continuing students with yoga instruction. Please wear comfortable clothing.

KETTLE BELL CLASS W/JOE AGUIAR-THURSDAYS 8:00-9:00

This program includes a warm-up, lifting and agility drills with a 5lb. kettle bell and a warm down. During this class you will increase your heart rate & improve coordination and balance

TAI CHI W/DOUG BAIER-THURSDAYS 9:00-10:00

Everyone is welcome to learn about this ancient martial art which is a non-impact exercise providing health benefits with increased flexibility, balance & well being.

YOGA FOR ARTHRITIS-THURSDAYS-10:10-11:10

Yoga teacher, Peggy Cappy, demonstrates on DVD movements to strengthen muscles and help increase mobility for people challenged to arthritis of stiffness that comes with age or injury.

HEALTH AND WELLNESS

HEARING CARE SERVICES-WEDNESDAY, DECEMBER 3, 2014 FROM 11:00-3:00

To make an appointment with Barbara Eaton please call Susanne or Barbara at 1-508-255-1285 or toll free at 1-800-328-1118.

BLOOD PRESSURE & HEALTH & WELLNESS QUESTIONS with Ella Finn on **WEDNESDAY, DECEMBER 3, 2014 from 11:15-11:45**

BLOOD PRESSURE CLINIC-THURSDAYS 2:15-2:45

SUPPORT

ELDER SERVICES OF CAPE COD AND THE ISLANDS HOME CARE AND RESPITE

Elder Services provides two state funded programs for elders who are no longer independent but wish to remain in their homes. For more information please call Sheri Hunt at 508-228-4647, located at the Landmark House at 144 Orange Street.

THE HOME CARE PROGRAM

Requires an elder to be 60 years old or over, and need assistance with at least one critical task such as bathing, meal preparation, shopping or transportation and be income eligible.

THE RESPITE PROGRAM

Requires an elder to be at least 60 years old, need assistance with at least one critical task & have a daily caregiver. Payment for both programs is on a sliding fee schedule. The respite fee is based on the income of both the elder & his or her spouse.

PALLIATIVE AND SUPPORTIVE CARE OF NANTUCKET

Palliative & Supportive Care of Nantucket has again been awarded a grant from Elder Services of Cape Cod & the Islands. This grant will partially support the continuation of private consultations, in the home or our office, with a nurse practitioner, for family members who help care for a family member or friend who needs some assistance due to illness, disability, or frailty. Caregivers can request an overall evaluation of their situation, including an assessment of the person they help care for, and can receive information, support, and education about various topics ,e.g., the disease process (including Alzheimer's Disease); managing medications; giving personal care; maintaining safety; planning for future health care needs; caring for themselves while caring for someone else; stress management, etc. Referrals for other services may also be made. This program is part of the *Caregivers' Connections Program* which also includes:

***Volunteers**-provide 1-2 hour/week for respite breaks for caregivers, or can help with errands transportation, etc.

***Time Out**-caregiver support groups which will meet Wednesday, December 10th & 24th from 1:00- 2:30PM in our office, located in the Hospital Dorm Building.

***Alzheimer's Disease Educational Consultations**-for caregivers of persons with Alzheimer's.

***Lending Library** of caregiver-related topics.

All hospice services are free of charge! Coaching for Caregivers is funded in part by the Elder Services of the Cape & Islands Title III E grant under the Older American Act. Voluntary donations are gratefully accepted for this program.

For more information or an appointment, please contact Palliative & Supportive Care of Nantucket, 57 Prospect; phone: 508-825-8325; email: pascon@partners.org; website: WWW.pascon.org

MENTAL HYGIENE SERVICES AVAILABLE THROUGH LOCAL COUNSELOR-DAVID CHEW

David P. Chew ACSW, LICSW has been awarded a small ESCCI Title III grant to provide outreach mental hygiene services to the elderly population on Nantucket. Services include bio-psychosocial evaluations & brief counseling. The behavioral assessments & counseling will be provided at the client's residence at absolutely no cost. All Nantucket residents over the age of 60 are eligible. The targeted population for this service is residents of Nantucket, economically disadvantaged, low-income minority, disabled, limited English speaking or Alzheimer's diagnosed. Physicians, nurse practitioners, assisted living domiciles, clergy and other organizations and individuals in contact with elderly who have already been contacted by mail to solicit referrals to this program. If you know of a person who might benefit from this service, please contact David Chew at 508-228-1473. Funding for this service is provided from the Executive Office of Elder Affairs, Older Americans Act Title III grant, through our Area Agency on Aging-Elder Services of Cape Cod & the Islands.

ALZHEIMER'S CAREGIVERS SUPPORT GROUP PROGRAM

This group facilitated by Sheila Barrett meets at Our Island Home at 9 East Creek on the last Friday of every month from 1-2PM. Call 508-228-0462 for information.

SUPPORT

GET A HANDLE ON MENTAL ILLNESS SUPPORT GROUP

NAMI of Cape Cod and the Islands is pleased to announce the start of a monthly support group for family members and friends of people living with depression, anxiety, bi-polar disorder, obsessive compulsive disorder (OCD), schizophrenia and other neurological disorders. The meetings will take place on the second Tuesday of each month from 7:00-8:30pm at Sherburne Commons, 40 Sherburne Commons Drive. For more information contact Ruth@ 508-221-3437 or ruthieb7@yahoo.com

SERVICES

VETERANS' COUNSELING

The Veterans Administration Center in Hyannis offers counseling to Nantucket Veterans on island by licensed psychologist Dr. Jocelyn Howard on Nantucket. To learn more information or to make an appointment please call the Hyannis Vet Center at 508-778-0124.

VETERAN'S SERVICES are available with Nantucket's Veteran's Agent, Ralph Hardy, at the VFW located at 22 New South Rd. Office hours are Thursday's 8:30AM-12:15PM, by phone anytime, leave a message at 508-325-5332, email rhardy@nantucket-ma.gov or mail to Veterans Services Officer, 81 Washington St. Ext., Nantucket, MA 02554.

CONGREGATE LUNCH is served at the Saltmarsh Monday –Friday from 12-1 for elders 60 and over and their spouses. Call Elder Services at 508-228-4647 to make a reservation or cancellation two days in advance.

VAN TRANSPORTATION-The NRTA provides door to door transportation to elders and persons with disabilities called Your Island Ride. Pre-certification and approved eligibility are required. Service is provided year round, Monday through Friday, 8:00AM to 4:00PM. Trip requests must be made in advance. For more information please call 508-325-7516 or visit www.nrtawave.com.

LEGAL SERVICES OF CAPE COD & THE ISLANDS sends a representative to Nantucket each month and is available December 4, 2014 at a Safe Place, for those who have an appointment. Call 1-800-742-4107 to make an appointment.

SOCIAL SECURITY representatives are available at www.ssa.gov or by phone and are now offering services via VIDEO TELECONFERENCING. A terminal has been installed at the Saltmarsh and will be available the fourth Wednesday of each month from 9:00AM to 12:00PM. This service will allow island seniors to speak directly with a SSA representative to conduct official Social Security business. Please call the Saltmarsh at 508-228-4490 to make an appointment.

The Hyannis office is located at 259 North St. or call 1-866-467-0440. The Falmouth office is located at 48 Research Rd. or call 1-855-881-0212. Both offices are open M, T, Th & F from 9-3 and W 9-12.

PORTABLE RAMP FOR DISABLED PERSONS AVAILABLE The Nantucket Commission on Disability has an eight foot portable ramp and a two foot portable threshold ramp for disabled visitors to borrow while they are visiting the island. The eight foot ramp is used to ramp two or three steps and makes porches, stoops and decks wheelchair accessible. The threshold ramp is used to ramp one step from a porch, stoop or deck and makes a home wheelchair accessible.

If you know someone who could benefit from these ramps please call Brenda McDonough, the facilitator for the Nantucket Commission on Disability, at 508-228-8085 (work) or 508-228-5409 (home).

This is a courtesy service from the Nantucket Commission on Disability.

Elder Services of the Cape and Islands on Nantucket, located at 144 Orange St., has a 10' ramp available. Please call Sheri Hunt at 508-228-4647.

SERVICES

PASSPORTS The Town of Nantucket Department of Human Services, located at the Saltmarsh Senior Center, will accept passport applications on behalf of the U.S. Department of State. U.S. citizens planning international travel may apply for their passports on Tuesdays from 1:30-4PM and Thursdays between 1:30-4PM, by appointment. Please call Ann Medina, Passport Application Acceptance Agent, at 508-325-7559 to make your appointment.

In advance of your appointment, you may preview application forms, information on documentation required, fees, and a wealth of other passport and international travel information, by visiting the only official website for passport information at www.travel.state.gov

RESOURCES

NANTUCKET SENIOR CITIZEN TELEPHONE REASSURANCE PROGRAM

If you live alone and would like peace of mind that you can check in with someone daily, consider joining the Nantucket Telephone Reassurance Program. If you or a family member is interested in signing up stop by the Nantucket Police Department at 4 Fairgrounds Road, call 508-228-1212 or go online at www.nantucket-ma.gov/police for more information.

SAFETYNET BY LOJACK

A simple and convenient way to find and rescue individuals with cognitive disorders (including autism, Alzheimer's and other conditions) who tend to wander and become lost. For more information call 1-877-4-FIND-THEM or call Liz Shannon at the Nantucket Fire Department 508-228-2324 X113.

ISLE RETURN PROGRAM

This is a voluntary program on Nantucket that benefits residents and visitors who are at risk for wandering. Family members or caregivers complete an enrollment form which includes a photogram and information useful to public safety agencies involved in a search. The registrant's information is stored in a confidential, information base managed by the Nantucket County Sheriff's Department. The service is provided at no cost. For more information visit the website: <http://www.islereturnprogram.com> or contact the Nantucket Sheriff's Department at 508-228-7263.

911 DISABILITY FORM

The filing of this document with your 9-1-1 Municipal Coordinator will alert public safety officials that an individual residing at your address communicates over the phone by a TTY and/or has a disability that may hinder evacuation or transport. This information is confidential and will appear **ONLY** at the dispatcher's location when a 9-1-1 call originates from **YOUR** address.

VOLUNTEER OPPORTUNITIES

VOLUNTEERS IN POLICE SERVICES

The volunteer program was created in order to enhance and promote innovative public safety programs to meet the needs of this ever growing island community. The Nantucket Police Department actively encourages the involvement of volunteers, local citizens, who volunteer their time and energy to the department, provide public awareness and support, beneficial cost and resource savings to the town, and foster quality of life and well-being in the community. To enhance the mission, goals and efforts of the Nantucket Police Department, as well as promote community involvement, awareness and support. For more information on the Nantucket Police Department's Volunteer in Police Service Program visit www.nantucket-ma.gov/police or call the Volunteer Coordinator, Sergeant Kevin A. Marshall at 508-228-1212 or emailmarshallk@nantucketpolice.com

VOLUNTEER OPPORTUNITIES

HELP WITH SCHOOL WORK AND HAVE FUN

Help a student from CPS Middle School who needs help in the basics of Math and/or English. All it takes is 1 hour, 1 or 2 afternoons a week. All you need is a knowledge of the **basics** in English and simple Math (basic foundational math – **not “new math”**) and the desire to help island kids reach their full potential.

We all know how important a good education is. Help ensure our middle school children, that are behind in school, catch up, stay up-to-date and are prepared for high school and more.

Please join us!!! And feel the satisfaction of helping a child in need, and have fun!!!

Contact: David Zieff, Executive Director
Mentoring Youth Nantucket (MYNantucket)
Tel. No. 508.325.6423
dzieff@mentoringyouthnantucket.org

ELDER SERVICES OF CAPE COD & THE ISLANDS

Volunteer opportunities are available in many of the programs we offer. You will need to complete an application and provide information for the completion of a criminal background check. Massachusetts law requires this check of all employees and volunteers who will be working with seniors.

- Meals on Wheels – Volunteers needed to deliver nutritious meals while providing a well-being check to homebound elders and their spouses. Monday – Friday 10am
- Congregate Lunch – Volunteers needed to help serve, clear and wash dishes, Monday – Friday 11am – 1pm at the Saltmarsh Senior Center.
- Money Management – Volunteers are needed to assist income-eligible adults 60 and over, who may be at the risk of losing their independence due to their failure to pay their bills on time. Volunteers meet with clients in their homes to assist with balancing checkbooks, paying bills and managing money wisely.
- Long Term Care Ombudsman – Volunteers are needed to visit long term care facilities on a weekly basis to monitor conditions and address residents' concerns.

For more information or to complete an application, contact our office at 508-228-4647.

ACCOMMODATIONS

THE HOMESTEAD is a private non-profit organization founded in 1930 dedicated to providing residential services to older adults who choose to live a more simplified lifestyle in the company of their peers. The Homestead is located on upper Main Street in a gracious Victorian home and serves individuals who are 65 or older and are able to enjoy a minimally structured environment. There are 13 resident rooms, some with half bath and some with full baths. Services include private rooms, three meals a day served in the dining room, housekeeping and laundry services, medication management, a full-time night supervisor, a stair chair lift between the first and second floors, transportation to appointments, and many recreational activities held during the week.

Please stop by for a visit, or call Tish at 508-228-1135 for more information.

ACCOMMODATIONS

ACADEMY HILL APARTMENTS-Vanessa Larrabee is available at 4 Westminster St. T, TH & F from 10-2, by phone at 508-228-3170, or email vlarrabee@hallkeen.com or academyhill@hallkeen.com. There is a one bedroom apartment available December 1, 2014.

LANDMARK HOUSE is affordable housing federally subsidized by USDA Rural Development and U.S. Department of Housing and Urban Development (HUD). Landmark House is for those of very low, low and moderate income; 62 years of age, as well as younger disabled individuals. Landmark House residents pay approximately 30% of their adjusted gross income for rent; the federal government subsidizes the rest. Call Executive Director Cheri Goulding at 508-228-6888 for more information and availability.

FOOD STAMPS: S.N.A.P

The government has expanded the program and made it friendlier for seniors. If your total monthly income is less than \$1,945 for one or less than \$2,621 for two and you have countable assets of less than \$3,250, savings, stocks, bonds, etc. you would be eligible. The application is shorter and easier to fill out but there is still some documentation you need to provide. Call Human Services at 508-325-7559.

SHINE NEWS....

With Medicare Plans, does it matter which pharmacy you use?

For many Medicare plans, the pharmacy you use could make a big difference in the cost of your drugs!

All Medicare drug plans and Medicare Advantage plans (HMOs, PPOs) have **network pharmacies**. Most pharmacies accept most plans. However, if you go to a pharmacy that isn't in your plan's network, your drugs will not be covered.

In 2015, 80% of the Medicare drug plans have **preferred pharmacies**. By using a preferred pharmacy, you will save money! Many plans have changed their preferred pharmacies for next year. You should check that the pharmacy you currently use is still a preferred pharmacy.

Most plans have a **mail-order program** that allows you to get a 90-day supply of your covered prescription drugs sent directly to your home. This can be a cheaper and easier way to fill your prescriptions.

MEDICARE OPEN ENROLLMENT ENDS DECEMBER 7!

IF YOU WANT TO CHANGE YOUR MEDICARE PLAN, DON'T WAIT!

CALL the Saltmarsh at 508-228-4490 to make an appointment with a SHINE volunteer

NANTUCKET CENTER FOR ELDER AFFAIRS, INC.
 SALTMARSH SENIOR CENTER
 81 WASHINGTON STREET EXT
 NANTUCKET, MA 02554
 PHONE: 508-228-4490
 FAX: 508-325-5366
 E-MAIL ADDRESS: lstewart@nantucket-ma.gov
 Web site: www.ma-nantucket.civicplus.com/169/council-on-aging

NON-PROFIT ORGANIZATION
 U.S. POSTAGE
 PAID
 PERMIT #4
 NANTUCKET, MA 02554



PROGRAM COORDINATOR---LAURA STEWART
 PROGRAM ASSISTANT---GINNY CARRERA
 NANTUCKET COUNCIL ON AGING, CHAIRMAN---THOMAS McGLINN
 NANTUCKET CENTER FOR ELDER AFFAIRS, INC.
 ---PRESIDENT---
 ---PRESIDENT EMERITUS---KEITH KREWSON

Nantucket Center for Elder Affairs, Inc. is the 501(c) 3 non-profit corporation which fundraises for the facility and program needs at the Saltmarsh Senior Center located at 81 Washington Street, Nantucket, MA 02554.

Council on Aging Board's Mission

1. Identify the total needs of the elderly population.
2. Inform the community and enlist the support and participation of all citizens concerning these needs.
3. Design, promote, or implement services for the elderly in the community.
4. Promote and support other programs which are designed to assist the elderly in the community.

FUNDING FOR OUR WELLNESS AND FITNESS PROGRAMS IS MADE POSSIBLE THROUGH
 THE
 EXECUTIVE OFFICE OF ELDER AFFAIRS STATE'S FORMULA GRANT, TOWN FUNDS AND DONATIONS FROM OUR
 PARTICIPANTS

DONATIONS may be made to support the Saltmarsh Center programs through our non-profit corporation: Nantucket Center for Elder Affairs, Inc. Donations may be restricted or given to support our general fund. Another way to give is to USE THE SPECIAL RENEWAL CARD (available @ the Saltmarsh) for subscription, renewal or a gift to YANKEE MAGAZINE. Subscriptions are \$20/year, of which \$10 is donated to the Center. You may also consider donating shares of stock, or remembering us in your will. We are a 501©3 charity and all donations are tax deductible.